

SCP Volunteer Interest Form

Contact Information

(Please Print)

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

*Please check the areas that you are
interested in volunteering.*

- ☐ Join Senior Companion Program
meeting community needs and touching
the lives of adults who need extra assistance
- ☐ Become a SCP Board Member
- ☐ Coordinate SCP fund-raising efforts
- ☐ Place me on your e-mail distribution
list for short-term or special event projects
- ☐ Other: _____

Please return forms to:
Director, Senior Companion Program
Panhandle Health District
8500 N. Atlas Road
Hayden, ID 83835

Email: tjohnson@phd1.idaho.gov
Phone: 1-800-226-2053
Phone: 208-415-5177

Senior Companion Program
Panhandle Health District
8500 N. Atlas
Hayden, ID 83835

Panhandle Health District



Senior Companions Make Independence a Reality



Serving With Compassion

About Us

The Idaho Panhandle Senior Companion Program volunteers meet the needs of the increasing senior population living in the Five-County area: Benewah, Bonner, Boundary, Kootenai, and Shoshone counties.

Our Mission

The Senior Companion Program strives to enrich the quality of life for older adults through friendship, socialization, and advocacy. We recognize the desire of homebound seniors wanting remain safe and happy in their own homes, Senior Companions are committed in serving individuals residing in the Idaho Panhandle communities.



Volunteers Serving the Community

A Senior Companion volunteer assists other elderly citizens by helping with basic but essential needs:

- ◆ Companionship to isolated adults
- ◆ Assist with grocery shopping
- ◆ Read to the visually impaired
- ◆ Assist with simple chores
- ◆ Provide transportation for appointments
- ◆ Provide temporary relief for primary caregivers
- ◆ Enriching another senior's life

Who Benefits?

With the escalating costs of residential and nursing home care, and the strain upon health and social services of an aging population, there are fewer and fewer people to care for the older generation. Generally speaking the recipients of this volunteer program include people who are:

- ◆ Well past retirement age (70's or older)
- ◆ Living alone with limited, inadequate or no family support
- ◆ Having difficulty, for various reasons in getting out of their home
- ◆ Geographically isolated and lonely

Becoming a Senior Companion

- ◆ Men or women 55+ years or older
- ◆ Serving up to 40 hours per week
- ◆ A desire to help homebound adults who are 21 years or older
- ◆ Meet income eligibility guidelines

Benefits of Volunteering

- ◆ A tax free stipend
- ◆ Mileage reimbursement
- ◆ Supplemental health insurance coverage (while volunteering)
- ◆ Paid training
- ◆ Annual physical exam
- ◆ Vacation and sick leave
- ◆ Reward of helping other seniors live independently
- ◆ Recognition from the community for your contribution

